NHTI Cross Country

Start your SUPER Bowl Sunday out the right way, by running, jogging, or walking a flat, fast 4 mile race. You know that you need to get some exercise and burn some calories to make up for the rest of the day that will be spent watching the SUPER Bowl and SUPER commercials, and eating way too much SUPER food.. This race is a fundraiser for the NHTI cross country team. The proceeds will help the NHTI cross country team travel to the 2013 USCAA Cross Country championship in Syracuse, NY. You can have a SUPER time running a SUPER race on SUPER Bowl Sunday and you may win a SUPER knitted snow hat. Doesn't that sound simply SUPER?

Join us for the
4th Down and 4 (Miles)
Super Bowl Super Race

NHTI Athletics Department
4th Down and 4 (Miles)
Super Bowl Super Race
31 College Drive
Concord, NH 03301

Address Correction Required

4th Down and 4 (Miles) Super Bowl Super Race

Sunday
February 3, 2013
at 11 a.m.
at Delta Dental
2 Delta Drive
Concord NH

Hosted by Northeast
Delta Dental & NHTI
Cross Country Team

Registration Information

Cost: Make a SUPER Donation to NHTI Cross Country Team

SUPER Prizes: top 3 male & female overall, top 3 in the following age categories: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59,60-69, 70+, Fillies (140+), and Clydesdales (190+)

SUPER raffle and SUPER goodies to eat.

Pre-registration: Send SUPER donation to Perry Seagroves, NHTI 31 College Dr. Concord, NH 03301

Checks payable to NHTI Concord's Community College. Send payment and registration to Perry Seagroves, 31 College Drive, Concord, NH 03301.

Preregistration received by January 26 will be given an extra raffle ticket to the SUPER RAFFLE

Also anyone participating in this race will be given an extra raffle ticket for the Spring AHEAD 3-Miler on March 10.

NHTI
Concord's Community College

You won't want to miss the following fun road races:

Saturday March 9 – NHTI Concord- Spring Ahead 5K Road Race- also benefits NHTI cross country team.

Capitol Area Race Series (CARS)

Saturday March 30 - Gilmanton (5K)

Saturday April 6 - SEA Road Race in Concord (5K)

Friday April 19- NHTI/Delta Dental Road Race in Concord (5K)

Saturday May 11 - Canterbury Cross Country Challenge (5K)

Saturday June 1- NEDD Run for the Animals (5K)

Saturday July 20 - Bill Luti 5 Mile Road Race in Concord (5 mile)

Saturday July 27- Canterbury Woodchuck Classic 5K

For more info see coolrunning.com or contact either Tom Walton at twalton@nedelta.com or Perry Seagroves at pseagroves@ccsnh.edu

Entry Form

Name _____

Address_____

_____

_____

Email_____

***Male*_____*Female*_____**

***Age as of 2/3/2013* _____**

Clydesdale Male >190 lbs _____

Filly Female> 140 lbs _____

I know that participating in the 4th Down and 4(Mile) Super Bowl Super Race is potentially a hazardous activity. I also know there may be traffic, and other hazards on the course. I assume any and all other risks associated with participation in an event of this nature including, but not limited to falls, contact with other participants, effects of weather, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry donation, I hereby for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive release and discharge Delta Dental,NHTI, all sponsors, volunteers, and race officials from any claim or liability for death, personal injury, or damage of any kind or nature arising out of or in the course of participation in this event. This release and waiver extend to all claims of every nature, whatsoever, foreseen, known, or unknown.

Signature _____

Signature of parent if Under 18

_____

Date _____